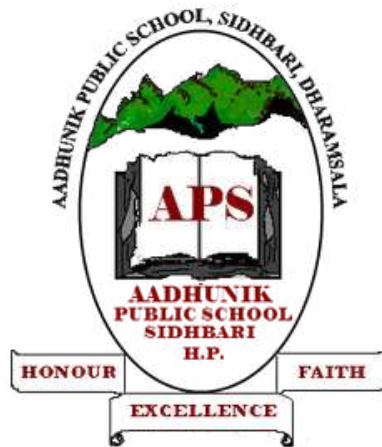


APS MIRROR

THE OFFICIAL SCHOOL NEWSLETTER

A PLATFORM TO ENCOURAGE CREATIVITY AND NURTURE NEW SKILLS AND INSIGHTS



CELEBRATING 25 YEARS OF SOUL CRAFTING

WE'RE ALL SET TO LEAD YOU FORWARD TOWARDS A SAFE AND FRUITFUL ACADEMIC YEAR!

FROM THE EDITOR'S PEN

A LITTLE SOMETHING TO KEEP YOU GROWING!

Even a nobody is somebody
 Rise from what inhibits you
 Trample on the mockery
 Those veils are not for you
 Its Time to unmask
 You ain't a nobody
 Even a nobody is somebody
 Let the first light fall on you
 Blanketing all your fears
 There's so much you can do
 There's so much you can be
 For you ain't a nobody
 Even a nobody is somebody
 Things will fall in sight
 Just a little faith
 And a little more hope
 So Spread your wings
 And let courage give them wind
 With the sun in your eyes
 You have a life to lead
 Cross the miles in all glory
 Get hold of yourself
 For you're love and you're the light
 You're the star of your own night



IN THIS ISSUE

Message by the Editor

Messages by the teachers

School activities/news

Student submissions

BY EEHA SINGH

THE EDITORIAL BOARD

Ms. Eeha Singh
Ms. Shagun Rana
Ms. Rishma
Ms. Ranjana Sharma

अपनी मातृभूमि के नाम खत ..
हे मेरी मातृभूमि



सर्वप्रथम आपको कोटि – कोटि नमन | आज मेरे मन में विचारों का तूफान सा उठा है | प्रायः एक जिम्मेदार पुत्री होने के नाते मैं स्वयं ही अपनी भावनाओं की उधेड़बुन को निराकरण तक पहुँचा लेती हूँ | परंतु इस बार मैं अकेली पड़ गई हूँ माँ मुझे आपसे अपनी इस समस्या का निवारण पूछना है | अनंत काल से आप पावन व उर्वरा से भरी धरती माता हो | आपकी कोख से महान सभ्यताओं व महान सम्राटों ने जन्म लिया है | सोने की चिड़िया कहलाने वाला यह देश राम व कृष्ण की जन्मभूमि है | भौगोलिक दृष्टि से आप विविधताओं से भरी हुई है | आपकी भूमि वैदिक संस्कृति से जुड़ी हुई है | शून्य का अविष्कार कर आर्यभट्ट ने , अंतरिक्ष में जाकर कल्पना चावला ने , शिकागो में धर्म सम्मेलन में हिंदी भाषा में भाषण देकर स्वामी विवेकानंद जी ने , आधुनिक भारत का जयक कहे जाने वाले राजा राममोहन राय ने , मिसाइल मैन ए.पी.जे.अब्दुल कलाम ने , ये दिल माँगे मोर – बोलने वाले परमवीर चक्र से सम्मानित विक्रम बत्रा ने और भी न जाने कितने सपूतों ने इस ब्रह्मांड में आपका नाम स्वर्णिम अक्षरों में लिखवा दिया है | हे मातृभूमि ! यदि मैं वर्तमान परिपेक्ष्य में दृष्टि डालती हूँ तो ऐसा लगता है कि आज जिस प्रकार की पूँजीवादी अर्थव्यवस्था को लेकर हम चल रहे हैं , उसमें केवल नाममात्र व्यक्तियों के पास ही पैसा कमाने का हुनर है | बाकी बचे लोगों की कमर इतनी झुक गई है कि वे अपनी प्राथमिक आवश्यकताओं को भी पूरा करने में अक्षम हैं | तुम्हारी धरती की अनुपम छटा जो कश्मीर से कन्याकुमारी तक विस्तार लिए हुई थी , आज के स्वार्थी मनुष्य द्वारा उसका लगातार दोहन किया जा रहा है | पवित्र गंगा का पानी दूषित हो रहा है | पवित्र गंगा हमें पुकार – पुकार कर कह रही है कि 'मुझे बचा लो' , 'मुझे बचा लो' | पहाड़ों के सीने छलनी हो गए हैं | हमारे जन्म लेने पर आपने हमारी सभी आवश्यकताओं की पूर्ति की और हमने पता नहीं कैसी विकृत मानसिकताओं को जन्म देकर आपको धर्म के नाम पर , मज़हब के नाम पर बाँट दिया है | आपकी नदियों का पानी जो सबका था , आज राज्यों की सीमाओं में बाँट दिया गया | आपकी अनमोल प्राकृतिक सुंदरता के बदले हमने प्रदूषण , भुखमरी , भ्रष्टाचार दहेज़ उत्पीड़न , घरेलु हिंसा जैसी भयानक विसंगतियों को जन्म दिया | परंतु अब यह समझने की जिम्मेदारी हमारे ऊपर है कि हमें अपने कर्तव्यों का निर्वाह किस प्रकार करना है | आप माँ हैं , आपका हृदय विशाल है | अपने बच्चों की गलतियों को नज़रंदाज़ कर उन्हें स्वयं में आत्मसात कर लेना , यह आपकी महानता दर्शाता है | आपको शत – शत नमन |

रंजना शर्मा (टी.जी.हिंदी)



AN INTRODUCTION TO KATHAK (SOME OF THE BASIC HAND MUDRAS)



- Tripataaka means "three parts of the flag". In this Mudra, all the fingers are held straight and close together like the stop sign except for the ring finger which is bent. It is generally used to denote the following: A crown, tree, Thunder, Lord Indra, Ketaki flower, Lamp, Fire, pigeon, an arrow etc.
- Vitarka Mudra - In this mudra, the thumb and index fingers touch, creating a circle that symbolizes an uninterrupted flow of wisdom. The other three fingers pointing up towards the heavens with the palm facing outward. This is held at around chest level.
- Vajra Mudra - On both hands, press your thumb to the middle fingernail. Press your ring finger on the other side of your middle fingernail, and your little finger at the side of your ring fingernail. Extend your index finger. Vajra Mudra is a sacred hand gesture or "seal" that stimulates blood circulation.
- The shankh/Conch shell- A yoga hand position called Shankh mudra arranges the hands in the shape of a conch shell, centered over the heart directly below the throat. It is believed to remove impurities, both spiritual and physical.
- Kapota- The practice of Kapota Mudra a grounding practice helps to bring in unconditional love and gratitude towards oneself and towards others.
- Pataka - Pataka - All five fingers are held together without any gaps between the fingers. It is used to portray the action of blessing, to depict the air, sky, or water, to beckon another by waving the hand, to represent a plate, to indicate a stop, or to slap.

Dharmendra Jain

THE ART ATTACK



THE ART MONSTER



CLAY MODELLING



INVESTITURE CEREMONY 2021

MEMBERS OF SCHOOL PARLIAMENT



PRESIDENT - Abhay Mahajan
HEAD BOY - Rakshit Anand
HEAD GIRL - Ankita Anand
SPORTS MINISTER - Apoorv Singh
INFORMATION MINISTER - Aryan Dhamir
CULTURAL AFFAIRS MINISTER - Sheena Sharma
HEAD PREFECT (BOY) - Abhay Alexander
HEAD PREFECT (GIRL) - Ishika Attri



LEADING WITH HUMILITY AND CONFIDENCE



MENSTRUATION By Megha - XII Med

Many of you or maybe all of you must have already thought that is she really going to speak about this topic. Well yes because I think talking about menstruation should be as normalized as talking about anything else. People never hesitate or shrink back from abusing publicly but why do the same people hesitate when talking about menstruation? In India women are considered goddesses but why are those goddesses impure during their periods. In most parts, women are not allowed to go to temples or in the kitchens during their periods and are prohibited from performing certain acts of worship because of lack of ritual purity. People need to understand that dirt is not in the girl but in their mindset. Women buying sanitary napkins are told to hide them or cover them up with newspaper. I ask why? It is a basic amenity needed by all women. Why is a pregnant woman considered beautiful but a menstruating woman dirty? People need to know that menstrual blood is not dirty or impure but is just like blood from any other part of the body. Even the Indian advertisements for decades have visualized menstrual blood in the form of a blue liquid. Nobel hygiene company behind Rio pads is the first such ad campaign to show red blood on Indian TV. I think it is not an issue to show actual blood. Blood in a fight scene in a movie is fine but not for periods? Being a natural, normal, and healthy part of every girl's life menstruation is still stigmatized in many parts of the world. Menstrual hygiene and menstrual diseases and disorders are some other topics that are still in the darkness. There are countless NGO's and campaigns for cancer, tumors, paralysis, and genetic disorders but efforts made for menstrual disorders are almost negligible. Menstrual diseases like PMS, PCOS/PCOD, ovarian cancer, cervical cancer, dysmenorrhea, amenorrhea, oligomenorrhea, menorrhagia, and PMDD are rarely given any importance. One of the major reasons for these disorders is a lack of menstrual hygiene. In many parts of the world, taxes are imposed on menstruation products saying that these are "non-essential" products. This makes these products really expensive for poor women to afford on a monthly basis, forcing them to neglect these and use other unhygienic products. We need to raise more awareness about menstruation as it is a very important issue affecting so many girls and women in so many ways. Not only girls who experience menstruation but also the boys should be educated about menstruation. Educating boys about this is really important so that they understand the hardships, the pain, the neglect that women face every month during their periods. They need to know that there is nothing gross about a girl being on her period. I dream for a future where menstruation is not considered as a curse or something that needs to be hidden but a welcoming change in a girl's life. A future where no one feels embarrassed or shameful when talking about menstruation; a future where menstruating women are not dirty; a future where talking about menstruation is normalized everywhere, among everyone.

Sustainable Agriculture through Organic Farming-A Dire Need in 21st century

Organic Farming as a pure form of agriculture continues since long time before the emergence of concepts of pesticides and fertilizers. It includes crop rotation practices, animal and plant wastes manures and avoidance of synthetic fertilizers as it promotes the quality improvement of soil and human benefits altogether. In India 'NER' Sikkim is an organic farming state. We have to take lesson from this state and also have to adopt organic farming in the country.

Organic farming provides a number of benefits related to agriculture farming system. With population increase, it is our utmost requirement to stabilize our agriculture farming production in sustainable manner. Organic farming, practices have been promoted as inter alia, reducing the environmental impacts of agriculture.

In India organic farming system is very old and is being followed since ancient times. It is one of the effective farming systems which primarily aimed at cultivating the land and raising crop in such a way as to keep the soil alive and in good health. With the use of these organic wastes (crop, animal and farm wastes, aquatic wastes) and other biological materials along with beneficial microbes (bio-fertilizers) on eco-friendly and pollution free environment could be established. Organic farming is the basis for maximum production with high quality foods without affecting soil fertility and environment. Organic farming results in clean and very good quality products. Given the current state of Indian agriculture organic farming seems to have a lot of potential and scope in uplifting the condition of Indian farmers.

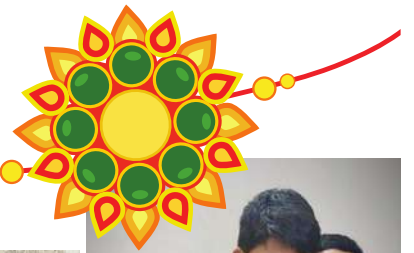
United states department of agriculture (USDA) stated that organic farming is a system, which avoids or largely excludes the use of synthetic inputs (such as fertilizers, pesticides, hormones, feed additives etc.) and to maximum extent feasible rely on crop rotation, crop residues, animal manures, off farm organic wastes, mineral grade rock additives and biological system of nutrient mobilization and plant protection.

Organic farming emphasizes on sustainability, local resources and stewardship of environment to expand its global impact beyond food supply and into ecological health. It is found that organic farming practices generally have positive impacts on the environment per unit area, but not necessarily per product unit. Organic farming tends to have high soil organic matter content and lower nutrient losses nitrogen leaching, nitrous oxide emissions and ammonia emissions per unit of field area, yet ammonia emissions, nitrogen leaching and nitrous oxide emissions per product unit were higher from organic system. Organic systems require lower energy, but higher land use, eutrophication potential and acidification potential per product unit. However in organic farming the main challenge is to improve the nutrient management and increase yields. In order to reduce environmental impact of farming, research efforts and policies should be targeted to developing a farming system that produces high yields with low negative environmental impacts drawing on techniques from both organic and conventional system.

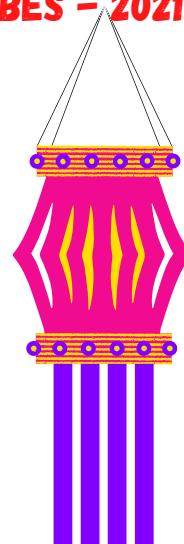
Anaya Rana

IV A

A FOREVER PROMISE – RAKHI 2021



DIWALI VIBES – 2021



Brigadier Sher Jang Thapa, MVC

MVC Brigadier Sher Jang Thapa Brigadier Sher Jung Thapa also revered as The Hero of Skardu, is one of the few recipients of Indian Army's second highest gallantry award, the Mahavir Chakra (MVC).

On 11 February 1948, Skardu was attacked and surrounded by the enemy of approximately 600. The enemy was routed under the determined leadership of Lieutenant Colonel Sher Jung Thapa. Unable to capture the fort, the enemy laid to siege to the fort, which continued for six months. Despite dwindling rations, ammunition, shortage of water, lack of medicines, heavy casualties and other overwhelming odds, the enemy attempts to capture the fort were thwarted every time under the dynamic and inspiring leadership of Lieutenant Colonel Sher Jung Thapa.

On the fateful day of 14 Aug 1948, the gallant survivors of the 6th, utterly exhausted and on the verge of starvation, out-numbered to 5 to 1, without ammunition, rations and any hope of succor from outside, had no alternative but to capitulate. Thus ended the heroic siege of Skardu which had kept a superior enemy at bay for six months and three days. Thapa died on 25 February 1999.

Mansi Priya
XI NM



INDEPENDENCE DAY CELEBRATIONS 2021



A CREATIVE JOURNEY OF FREE SOULS - ART EXHIBITION 2021



NOT YOURS, NOT OURS, FOR THEY ARE THE CHILDREN OF GOD



CHRISTMAS HAS BEGUN ALREADY!

CHRISTMAS CAROL SINGING



OUR TINY REINDEERS SPREADING THE CHRISTMAS CHEER



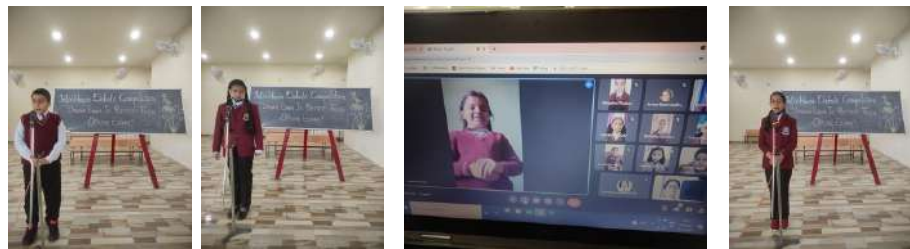
CHARITY BEGINS AT HOME WE ARE DOING OUR BIT! ARE YOU? CLEANLINESS DRIVE 2021



Feminism - By Saloni (XII Med)

As we all know, feminism is the belief in full social, economic, and political equality for women but what I think is that feminism is the radical idea that women's safety is more important than men's feelings. Speaking of men, feminism isn't about men, it's not about hating men, wanting to rule over men, or discrediting their ideas or ignoring their needs. It's about ending all the aforementioned for women. The purpose of feminism is to free the uniqueness of the individual and to understand that inside each of us is a unique human being who is a combination of heredity and environment. Let me give you an example of how it's like being a woman in this society. Being a woman is kind of like being a cyclist in a city where all the cars represent men. You're supposed to share the road equally with cars, but that's not how it works. The roads are built for cars and you spend a great deal of physical and mental energy being defensive and trying not to get hurt. Some of the cars want you to get hurt. They think you don't have any place on the road at all and if you do get hurt by a car, everyone makes excuses that it's your fault. "That's bitter but true". Now, let me give you a real time example of how girl's mentality is being shaped in this society. How they are made to think that they are the princesses who are supposed to wait for the prince and not warriors who could fight for themselves and their nation. As children, we all have seen some of the Disney movies like Snow White and the Seven Dwarfs, Cinderella and Sleeping Beauty, etc. in which the girls are made to look sensitive, dependent upon man, and the only aim of their life is to marry a prince. Why can't the girl be the queen without a King? Why not be Mulan (a Disney character who is a woman warrior) instead of Cinderella? It is now time that we all see gender as a spectrum instead of two sets of opposing ideals. We should stop defining each other by what we are not and start defining ourselves by who we are. According to me, it's not men versus women issue, it's about people versus prejudice. Something more which really triggers me is that whenever we talk about the human race, we collectively call it 'mankind' and something made by a human is called 'manmade'. I ask, why can't it be 'human beings' instead of 'mankind'? Still no equality visible to me. If you really want to name some things after a gender, do it equally or simply don't do it. This is why I support feminism and I am a feminist. Now talking about feminists, they are the people who fight for gender and sex equality, and women who think they are better than men are not feminists. People always misinterpret feminists for misandrists which is really wrong according to the definition of feminism. Everyone tells me that being a teenage girl I need to focus on more important things than being a feminist. I really wish that people were as excited and supportive about women's careers milestones and personal development as they were about pregnancies and engagements. Don't teach your daughter how to look beautiful. Teach her how to be bold, strong, and fearless. Teach her that the idea of 'gender roles' is absolute nonsense. Do not ever tell her that she should or should not do something 'because she's a girl'.

DON'T RAISE YOUR VOICE BUT IMPROVE YOUR ARGUMENT DEBATE COMPETITION 2021



TALENT HUNT COMPETITION



MENTAL MATHS QUIZ 2021



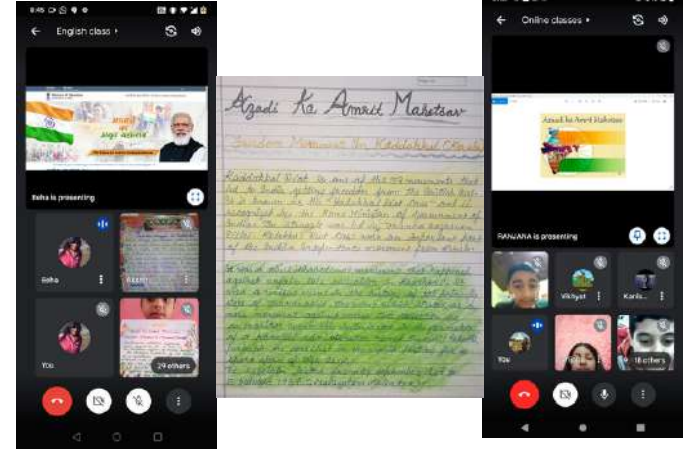
**AT AADHUNIK- WE CONSISTENTLY STRIVE TO ENSURE THAT OUR CHILDREN LEARN MORE, DO MORE AND BECOME MORE!
WE TRULY BELIEVE THAT WHAT THEY LEARN WITH PLEASURE, THEY NEVER FORGET...**

ALL CBSE ACTIVITIES AND GUIDELINES ARE FOLLOWED ENTHUSIASTICALLY AT AADHUNIK

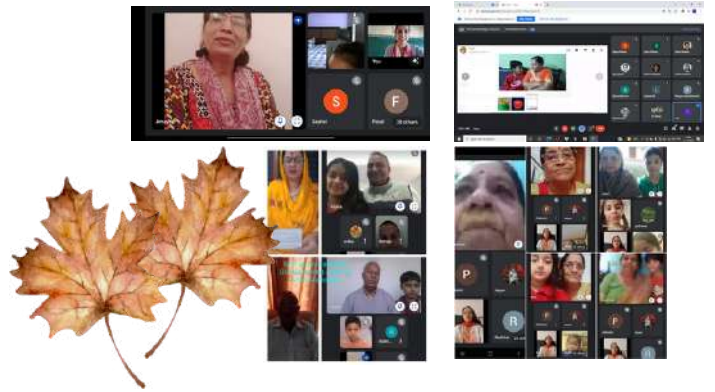
EK BHARAT SHRESHTH BHARAT



AZADI KA AMRIT MAHOTSAV

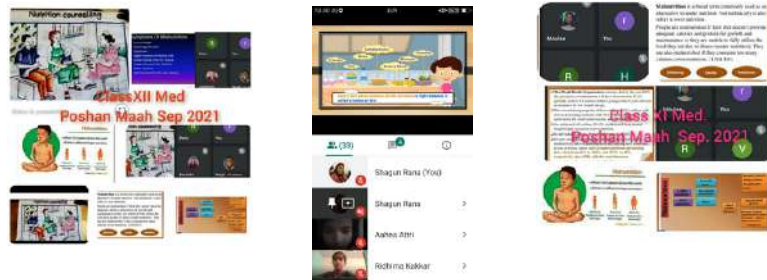


GRANDPARENTS' STORYTELLING ABOUT FREEDOM STRUGGLE EVENTS



CELEBRATING POSHAN MAH

CREATING SNG SCHOOL NUTRITION GARDEN



CELEBRATING SUBHASH CHANDRA BOSE



STRENGTHENING OUR SAFETY CULTURE AS WE PREPARE FOR A SECURE FUTURE AND A HEALTHIER LEARNING ENVIRONMENT

